

# Healthcare Guide to Healing Your Foot Wound Fast

By Dr. Donald Pelto

Hello, this is Dr. Donald Pelto, and this is a healthcare guide to healing your foot wound fast. In this guide I will reveal:

- 4 Steps to healing your foot wounds fast
- 5 Questions you should be asking your wound care specialist
- 4 Mistakes that people with foot wounds commonly make
- What you should expect out of a good wound care specialist
- 9 Step process to healing your foot wound fast

Taking care of your feet when you have a foot wound isn't easy, because you're bombarded with misleading information, confusing terms, bad information from unqualified websites, and many times fearful stories from friends and family. How do you find accurate, trustworthy information about foot wounds and how it affects you? You can start by reading this healthcare guide.

In this booklet, and in this recording, you're going to learn about these ways that you can get your foot wound healed quickly. This is a guide that can help you better understand the complications of the problem, and hopefully being able to explain it in a very simple way, so you can make an informed and intelligent decision about how to heal your foot wound.

## ***4 Steps to healing your foot wound fast***

So let's begin. The first section is the four steps to healing your foot wound fast. When you look at a foot wound, there are really four main reasons why wounds don't heal. This understanding comes from research when I was a resident and had to do surgery late night on many patients with foot wounds.

After we did surgery, there were big wounds that needed to heal, and I would say that 80 percent of people were able to heal the foot wounds just by doing these four things. Now, I'll tell you, these four tips, they're simple, but they're not simple to do. You have to ask yourself, not if you know them, but if you're actually doing them.

The **first step** is to control your blood sugar. The more your blood sugar and your nutrition is controlled, the better your chances are for your foot wound healing. If you have high blood sugar, or poor nutrition, it can slow down the healing process.

**Step two** is looking at your blood flow. You have to make sure you have good blood flow. If you don't have good blood flow, you need to determine why. Is there clogging in the arteries? Is it due to the swelling? Is there some other type of cause that can slow down the healing in your foot wound?

**Third**, you have to look at the deeper infection. You have to get rid of any infection, whether it be an athlete's foot on the skin, or an actual deep infection into the bone, or into the skin or deeper skin, that needs to be cleared up.

But really, by far, the biggest reason (**Fourth Step**) that people don't heal their foot wounds is because they're walking on it. They're putting pressure on the foot wound. As much as you can stay off and learn to offload your foot, the better you are going to be at healing your foot wound.

### ***Five questions you should be asking your wound care specialist***

But you're going to probably have a lot of questions when you go to talk to your wound care specialist. I'll give you five questions that are very important for you to ask. The **first question** is, is my foot wound infected?

If your foot wound is infected, whether it be on the skin, or deep into the bone, or in the deeper skin around it, you'll probably notice that you have a fever, that your foot is red, hot, or swollen, or, upon getting an x-ray, you can determine that the bone has been changed, and your doctor would be able to treat that with the appropriate type of antibiotics or medication.

The **second question** you want to ask is, how is my blood flow? Can your pulses be felt? Or do you need to have another type of an exam where blood pressure cuffs are put on your legs to evaluate the blood flow? You have to determine your blood flow is sufficient enough for the antibiotics to get down to the area where the wound is, but as well, for you to heal the foot wound.

The **third question** you'd like to ask is, how is my feeling? Do you have good feeling or do you have poor feeling? If you have poor feeling, it could be because of neuropathy. Neuropathy is a disease where your nerves are affected and you don't have as much feeling. So, you could step on something like a tack or a pin or even on the wound itself and not know it.

The **fourth question** is how can I take the pressure off my wound? The specialist that you see should be able to explain to you how you can take the pressure. Is it with a special shoe, a special boot, padding, a walker, a wheelchair or crutches? What's the best way for you in your circumstance?

Then, can you get into a shoe? Is it time to get a new shoe? When the foot wound is healed, can you get into diabetic shoes? Very important, because diabetic shoes can help the wound from not coming back once it's healed.

## ***Three mistakes that people with foot wounds commonly make***

The next thing I'd like you to look at are the three mistakes that people with foot wounds make. These are mistakes that can either delay the healing of the wound, or they can even allow for an infection to happen and maybe even lose a portion of the foot or have to have an amputation.

The **first mistake** that's most common and the most detrimental is, walking on the wound. If you walk on the wound, it's probably not going to hurt, but it will delay the healing. You need to stay off the wound as much as possible. The more you can stay off it, the quicker the wound will heal. I'm not saying it will be quick, but it'll heal a lot quicker than if you're walking on it.

The **second mistake** that I see is that people say, "Well, it'll heal on its own." They don't want to seek any help out, they don't want to see a doctor. They just think that the wound will heal by itself.

If you have a foot wound that's been open more than a couple of days or a couple of weeks, you should see a specialist. Because a wound, if it's been open for a longer period of time, has a greater risk of infection but as well it's going to be harder for it to close up.

If it's a little callous and there's a blister underneath, or if it's a blister from rubbing in your shoe. If it's not healing with simple wound care, with a band-aid or with some gauze, you should see a specialist and not just assume that it will get better. The bigger problem is that many people think a wound will get better, and they just delay and delay the treatment.

The **third mistake** I find is that people just wear shoes when they have a foot wound. Or they wear the same sized shoes that they've always been wearing. When they buy shoes they buy the same size shoe.

When you're wearing your shoe, you're not able to take the pressure off of the area of the wound. Many times, your shoes, if you have increased padding such as gauze or bigger band-aid or a bandage, it can actually put more pressure on the foot wound and delay the healing.

You probably aren't going to be wearing a normal shoe when you're healing your foot wound. You're going to have some type of a specialized shoe. So that's the third mistake. The fourth mistake I see is people only think there's a problem if they're feeling pain.

We have a wonderful body with a pain mechanism to determine if we're having any problem. The challenge with people with diabetes or a foot wound is that many times they don't have the feeling. They have a condition called neuropathy. Therefore, they don't know the wound is even there or that it's a problem until they get fever, chills, or other types of problems that they're noticing.

So those are the three mistakes that I typically see people make when they have a foot wound.

## ***What you should expect out of a wound care specialist***

The last aspect to look at is what you should expect from a good wound care specialist, or when you're learning about wound care of how to take care of your wound.

The first aspect, you want to see someone, a doctor, or go to a resource that is actually treating foot wounds. If you have a certain problem, if you have a foot problem, you're not going to go to an eye doctor, or an ear doctor. You're going to go to a foot doctor, someone that specializes in, a big portion of their patient base, treats foot wounds. Very, very important, ask that doctor, how many foot wounds do you heal? How many foot wounds do you treat? Do you refer out?

Also, you want to make sure, if you're going to a good foot doctor, they're going to be doing a comprehensive diabetic foot exam at least once a year, if not more. This is an all-encompassing exam that looks at your blood flow, your feeling, your bones, any bony prominences, and your skin. Also, does a shoe evaluation, and a general overall history of your diabetes, such as eye problems, kidney problems, your hemoglobin A1C, and your blood sugar. These are all very important aspects to look at.

Also, a good specialist will be able to make recommendations for certain types of shoes, offloading devices to take the pressure of the wound, as well, recommendations towards different types of dressing and wound care products that you should be using.

Once the wound is healed, this type of individual that's a specialist would be able to get you, or refer you to a place, where you can get into proper shoes. If needed, this person should be able to do, or refer out, for a specialty surgery, because many times, foot wounds, if they happen, may be an underlying bony problem such as a bone spur or lack of joint movement.

Lastly, it's very important, when you see a wound care specialist that they work not in isolation. We can't work in a bubble anymore, especially with diabetic foot problems. This person should work on a team with other individuals, like a vascular surgeon, a cardiologist, an infectious disease doctor, a regular medical doctor, a neurologist, maybe an orthopedic surgeon. All these groups should work together in order to heal your foot wound fast.

## ***9 step process to healing your foot wound fast***

### **How to Heal Your Foot Wound Fast**

The primary goal in the treatment of foot ulcers is to obtain healing as soon as possible. The faster the healing, the less chance for an infection.

- **Step 1: Blood Sugar and Nutrition**
  - Blood sugar make sure that it is in the normal range.
  - Hemoglobin A1C under 7mg/dl.
  - Make sure you diet has enough protein.
- **Step 2: Blood Flow and Swelling**
  - Can you feel your foot pulses, if not your healing may be slower.
  - If you have swelling that can slow down healing.
- **Step 3: Skin and Wound Evaluation**
  - Infection Control – If there is a skin or wound infection that needs to be treated.
  - Antibiotics: \_\_\_\_\_
  - Surgical removal of infection or infected tissue
- **Step 4: Bone and Pressure Evaluation**
  - PressureStat
  - Callus Evaluation
  - Equinus
- **Step 5: Nerve and Feeling**
  - Loss of gift of pain
  - Monofilament
  - Painful vs Non-painful neuropathy
- **Step 6: Wound Debridement and Surgery**
  - **Debridement** - Removing dead skin and tissue, called “debridement” this needs to be done every 1-2 weeks. Wound may appear larger but is needed.
  - **Surgical Off-Loading** – Surgical management to remove pressure on the affected area. Shaving or removing prominent bones. Correcting foot deformities. Removal of infected tissue
- **Step 7. Wound Dressings and Grafts**  
Applying medication or dressings to the ulcer.
  - Aquacel AG
  - Amerigel Gazue
  - Promogran/Prisma
  - Betadine
  - Triple Antibiotic
  - Wet to dry with saline

- Other: \_\_\_\_\_
- Home nursing - You will need visiting nursing to do dressing changes
- Advanced Techniques** - Using skin substitute to speed up the rate of healing.
  - Dermagraft – skin substitute is porcine
  - Oasis
  - Apligraf
  - Graft Jacket
  - Wound VAC – used to assist with wound closure removed drainage that can slow healing
- **Step 8: Shoes and Off-Loading**

Taking the pressure off the area, called “off-loading” will reduce pressure.

  - Surgical Shoe
  - OrthoWedge Shoe
  - Walking Boot
  - Casting
  - Wheelchair or Crutches
- **Step 9: Preventing Recurrence and Other Complications**
  - Keep blood glucose levels under tight control
  - Keep the ulcer clean and bandaged
  - Cleanse the wound daily, using a wound dressing or bandage
  - Do not walk barefoot

I hope with this guide, you found more information and more help in this healthcare guide to healing your foot wound fast. If you found this helpful, please pass it on to a friend. If you would like more information and to learn more about healing your foot wound, please go to the website, [www.healmyfootwoundfast.com](http://www.healmyfootwoundfast.com).